## Frederick County Diabetes Coalition

## Frederick Restaurant Challenge 2012

## Participating Restaurant's Healthy Meals & Nutritional Information

Restaurant	Healthy Meal Option	Healthy Meal Option- Children
Brewer's Alley	Oatmeal Stout Bison and Butternut Chili 524 calories 11 grams of total fat and 5 grams of saturated fat 555 mgs. of sodium 58 grams of carbohydrate	
Chick-fil-A	Chargrilled (chicken) & Fruit Salad with Harvest Nut Granola and Sunflower Kernels 380 calories 16 grams of total fat and 4.5 grams of saturated fat 540 mgs. of sodium 35 grams of carbohydrate	YES- ask server for details
Firestone's Culinary Tavern	Poached Cod with Roasted Root Vegetables, French Lentils and Crème Fraiche 383 calories 17 grams of total fat and 5 grams of saturated fat 370 mgs. of sodium 30 grams of carbohydrate	
Giant Eagle (both locations)	Santa Ana Pork Tenderloin with Mashed Cauliflower 385 calories 15 grams of total fat and 5 grams of saturated fat 600 mgs. of sodium 45 grams of carbohydrate	YES- ask server for details

The Frederick County Diabetes Coalition works to prevent or delay the onset of diabetes and its complications through education and awareness.

La Paz	Grilled Tilapia with Mango Salsa 428 calories 10 grams of total fat and 2 grams of saturated fat 200 mgs. of sodium 45 grams of carbohydrate
Mexicali Cantina	Spinach Mango Salad 425 calories 18 grams of total fat and 3 grams of saturated fat 312 mgs. of sodium 35 grams of carbohydrate
Sushi Densha	Densha Fusion Delight 360 calories 13 grams of total fat and 3 grams of saturated fat 520 mgs. of sodium 39 grams of carbohydrate